

ROCHE'S

CREAM BAKING POWDER

Pure—Wholesome—Reliable—Indispensable

Its fame is world-wide. Its superiority unquestioned. Its use is a protection against alum food. In buying baking powder examine the label carefully and be sure the powder is made from cream of tartar. Other kinds do not make the food healthful.

NOTED EXPERTS ENDORSE ALBUQUERQUE CLIMATE

Drs. Trudeau and Murphy, Great Specialists in Tuberculosis and Internationally Famous Surgeon Add Testimony to Efficacy of the High and Dry Country.



DR. E. L. TRUDEAU.

Dr. E. L. Trudeau whose name is known round the world in connection with the treatment of tuberculosis at Saranac, N. Y., and Dr. John B. Murphy of Chicago, one of the most famous surgeons living have high praise for the Albuquerque climate in the treatment of tuberculosis. Dr. A. G. Shurtle, in his contribution to the Commercial club booklet, "Why Albuquerque Will Make You Well," incorporated letters received from the specialist and the surgeon in the following interesting article on the advantages of this climate:

Co-incidental with the coming of the Santa Fe railroad into Albuquerque in 1881, there came a swarm of health seekers, suffering from consumption as it was known then, in fact, even before the railroad had made the trip comparatively comfortable and safe, the sufferers from this dread disease had discovered that there was hope for cure in the sunshine and bracing air of New Mexico and many invalids braved the discomfort and danger of an overland trip by stage to Albuquerque in the hope of a cure for their malady. Since that time they have come in increasing numbers despite the long journey, the loss of home, the adverse advice of physicians with airy cures, and in the early days of New Mexico, in spite of poor food and poor living conditions.

Where there formerly was a small Mexican village has grown up the largest city of New Mexico. Much of this growth has been due to the thousands of health seekers who have been benefited by the climate and, learning to love the clear skies and the mountains and plains of New Mexico, have remained to become citizens of the city.

Modern Sanatoria. To better accommodate the grow-

For Bright Eyes and Clear Nose

Remarkable Catarrh Cure That Gets Right into the Affected Parts and Stops Gatherings.



R. B. S. is a Wonder for the Eyes, Nose and Throat.

It is definitely known that catarrh can be cured by the simple process of inoculating the blood with antitoxin remedies that stop inflammatory conditions throughout the mucous linings of all the organs of the body. This is done with the famous R. B. S. It is taken into the blood just as naturally as the most nourishing food. It spreads its influence over every organ in the body, through all the veins and arteries, and enables all mucous surfaces to exchange inflammatory acids and other irritating substances for arterial elements that effectively cleanse the system and thus put an end to all external pollution. R. B. S. cleanses out the stomach of mucous accumulations, enables only pure, blood-making materials to enter the circulation, and in less than an hour is at work throughout the body in the process of purification. You will soon realize its wonderful influence by the absence of headache and steadily improved nasal condition. For special advice on any blood disease write to the R. B. S. Co., 225 West High, Atlanta, Ga. Do not delay in getting a bottle of R. B. S. from your druggist. Always insist that you want R. B. S. and nothing else. Beware of all attempts to sell you a substitute.

Take the one factor of altitude alone and we find such physiological changes produced in the healthy patient by an increase of altitude that we might expect good in the tuberculosis changes that are constant and marked in every case. One of the most remarkable is the blood changes.

Regnard at sea level placed a rabbit under a bell glass and reduced the atmospheric pressure until it was equivalent to an altitude of 3,500 feet. The rabbit remained fat and healthy and when he came out examination of the blood showed that it absorbed 21 c. c. of oxygen as compared to 17 c. c. that the blood of its fellows could absorb at sea level.

Dr. Egges, experimenting in Arosa, Switzerland, altitude 5,200 feet, on 27 cases found an average increase of red blood corpuscles of 16 per cent, after a few weeks. The increase was greater in non-tuberculous persons than in tuberculous. Experiments on rabbits showed an increase of 17 per cent, and he demonstrated by tapping the carotid and femoral arteries that it was not confined to the capillaries and superficial vessels alone. He also found an increase of 15.33 per cent in the hemoglobin; the later, however, increasing more slowly than the corpuscles. As this is exactly what happens after a hemorrhage, when there is a rapid increase of red corpuscles followed by a gradual increase of the hemoglobin, he believes it to be additional proof that altitude increases the actual amount of both corpuscles and hemoglobin and that it is no mere relative apparent increase.

Muniz, experimenting on rabbits, found that the specific gravity of the blood, also the amount of iron, was increased by a high altitude. Flaut also got the same results. Regnard probably established the basic cause, when he proved that if the barometric pressure was decreased the blood's power of absorption of oxygen was increased.

Dr. Paul M. Carrington, in the government sanatorium at Ft. Stanton, N. M., in a long list of cases, proved that there was a rapid increase in the hemoglobin of all the cases coming here.

Doctors Webb and Williams have shown that there is also a great increase in the number (actual and relative) of the lymphocytes of the blood and as Dr. Opie had already proved by experiments in the Rockefeller institute that these cells are the most active of any of the blood cells in the destruction of tubercle bacilli, the importance of this statement can be appreciated.

Dr. LeRoy S. Peters of Albuquerque, first proved the fact that a moderately high altitude produced a higher blood pressure in the consumptive, and as a low blood pressure is a constant symptom of this disease, we have another proof of the value of high altitude treatment. When it is considered that the blood is our greatest defender and our hope of cure in not only tuberculosis but most other diseases is chiefly dependent upon the condition of our blood, the above facts are impressive, and the value of the so-called altitude treatment established.

Effects of Low Humidity. The effects of low humidity are less understood, but any tuberculous patient will tell you that they always feel better during dry weather, and any physician knows that foggy, damp weather will be followed by an increase in the number of pleurisy, hemorrhages, etc., etc. he has to treat. One explanation for this is the fact that practically all germs grow best in damp, dark places, and the high humidity of rainy climates is productive of that complication that every physician dreads in tuberculosis—bacterial infection—while this dry, germ free air of this desert country tends to limit the trouble to the one invading germ.

The Sunshine. The third and last factor, that of "Sunshine," is almost as important as that of altitude. Weber and others have demonstrated that a want of sunlight will develop symptoms of general depression and a condition analogous to intermittent fever, while we have seen its good influence in anemia and other conditions. The bactericidal effect of the sun has never been recognized, and the intense, almost constant sunlight of the southwest may explain to a great extent the rarity of living organisms in the air. Experiments carried on at the University of New Mexico in Albuquerque showed that as low as five minutes exposure to the sun's rays a smear of tubercle bacilli would destroy them.

A practical demonstration of how free from germs is the air of New Mexico, is the familiar sight of a part of whole beef swinging on a pole in the summer sun, which takes the place of a refrigerator to the New Mexican rancher, for in this sterile, germ free air the meat will not putrefy.

The wonderful success in treating surgical forms of tuberculosis by "solarization" or simply by exposing the patient's body to the sun's rays for hours at a time, is one of the most recent proofs of the value of sunshine in tuberculosis therapy.

A Cheerful Climate. A secondary effect of sunshine, that is also quite important, is the effect on the minds and spirits of the patients. Almost anywhere in Arizona or New Mexico one can depend upon 320 or more clear days a year, and a day that is cloudy all day is very rare, but when one does occur, it is not difficult to note the depression on the faces of the patients.

Many more proofs might be given to show that the reputation of New Mexico as a resort for the tuberculosis has a firm foundation in scientific fact, but there is not space for it here.

The Testimony of Experts. One could fill a volume with letters of eminent medical men recommending the climate of New Mexico in general and of Albuquerque in particular. Long ago Dr. Surgeon General W. A. Hammond, U. S. Army, wrote: "New Mexico is by far the most favorable residence in the United States for those predisposed to, or afflicted with phthisis. In service of three years in New Mexico, during which period I served in eight different stations, ranging from the extreme northern to extreme southern parts of the territory, I saw but three cases of phthisis and those were in persons but recently arrived from the United States."

The two following written in response to a request as to the desirability of locating the Moore sanatorium here are worth more than a volume of arguments, owing to the pre-eminence of the authors. The first that of Dr. E. L. Trudeau, who has done more than any other man in America to advance the knowledge and treatment of tuberculosis to its present high standard and as much as any man in the world. The second that of Dr. John B. Murphy, of Chicago, a surgeon of international fame, who has done so much to advance the treatment of tuberculosis by surgical means. It might be added that Dr. Murphy himself suffered from this disease as a young man and was cured in Albuquerque.

Dr. Trudeau writes: "I think the climate of New Mexico is probably the best climate in the United States, taking everything into consideration, and I also think that climate is one of the useful factors in the treatment of tuberculosis, though much can be done without it. I cannot imagine, however, a much better place to build a sanatorium than in the climate of New Mexico."

Dr. Murphy writes: "As a whole, it is my opinion that New Mexico affords the greatest variety of climates for the average tuberculosis case of any state in the union. Its small rainfall, absence of humidity and its continued sunshine contribute very materially to the favorable progress of all such cases. We are just commencing to appreciate the effects of the action rays of the sun in the repair of tuberculosis. My patients have been longer going to this climate for years have had most satisfactory results."

IF BACK HURTS BEGIN ON SALTS

Flush your kidneys occasionally if you eat meat regularly.

No man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally, says a well known authority. Meat forms uric acid which excites the kidneys, they become overworked from the strain, get sluggish and fail to filter the waste and poisons from the blood, then we get sick. Nearly all rheumatism, headaches, liver trouble, nervousness, dizziness, sleeplessness and urinary disorders come from sluggish kidneys.

The moment you feel a dull ache in the kidneys or your back hurts or if the urine is cloudy, offensive, full of sediment, irregular of passage or attended by a sensation of weakness, stop eating meat and get about four ounces of Jad Salts from any pharmacy; take a tablespoon in a glass of water before breakfast and in a few days your kidneys will be fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate the kidneys, also to neutralize the acids in urine so it no longer causes irritation, thus ending bladder weakness.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep the kidneys clean and active and the blood pure, thereby avoiding serious kidney complications.

"THE CASTAWAY" TOPIC OF REVIVAL SERMON BY DR. A. S. BRIGHT

One of the most impressive services in the series of special meetings which are being held at the First Methodist church was that of last night when Rev. A. S. Bright, D. D., preached on "The Castaway." When the audience caught his idea that a "Castaway" was one whom the Lord had not found useful and therefore had chosen another to take his or her work in the kingdom many felt they must become more active or lose their place. One young man definitely decided for the work of the ministry. Mr. John D. Faulkner sang the hymn, "My Lord and I."

There will be a meeting at the First Methodist church tonight with a song service, preaching by Dr. Bright and a solo by Miss Ruth Bright.

Methodist Minister Recommends Chamberlain's Cough Remedy. Rev. James A. Lewis, Milaca, Minn., writes: "Chamberlain's Cough Remedy has been a needed and welcome guest in my home for a number of years. I highly recommend it to my fellow men as being a medicine worthy of trial in cases of colds, coughs and croup. Give Chamberlain's Cough Remedy a trial and we are confident you will find it very effective and continue to use it as an occasional remedy for years to come, as many others have done. For sale by all druggists."

That Was Different. "Woman! it was different. Wants everything different from anybody else." "So?" "Yes; the only thing he is satisfied with is his telephone number."

Quickest taxi cab service, Call Di Mauro, Phone 17.

When the Apaches Wiped Out the Tiguas

Salt Traffic From Estancia Lakes to Southern Chihuahuan Flourished Two and a Half Centuries Ago. Burro Trains on Seven Hundred Mile Trail. From "El Palacio," Santa Fe, N. M.

In tying up traffic between El Paso and the interior of Mexico, the various factions engaged in the present unpleasantness just across the border of Chihuahua are simply repeating a favorite Southwestern pastime of the past three or four centuries.

The Apaches, in spite of their lack of fire arms and modern explosives, were doing a thorough and conscientious bit of work in that line, long before there was ever a thought of founding a city at the "Paso del Norte" and not until Uncle Sam had learned to play the "wily Apaches' rules, did they cease to menace the growing settlements along the Rio Grande.

A bit of interesting history crops out in ancient Spanish documents of the year 1488 which refer to a long forgotten traffic between New Mexico and the South. The Conquistadores having forced the Indians of southern Chihuahua into working their newly opened mines, needed salt for the smelting of their silver ores. Doubtless, the product from the Estancia lakes had been used for centuries as a medium of trade among the Indians of the southwest and had found its way far into the interior of Mexico. At any rate, the Spanish seem to have sought out the source of supply without delay, for soon there was a steady stream of burro trains to and fro over the long trail, 700 miles and more between the Salinas and the mines of Parral.

If the Apaches permitted this traffic to pass unnoticed for a time, it was only because they were otherwise engaged. For centuries before the coming of the Spanish, the Tigua Pueblo Indians had occupied numerous sites in the eastern foothills of the Manzano mountains and claimed a vast range extending eastward beyond the Estancia lakes. Drought, famine and pestilence doubtless played their part in depopulating this once thickly settled district, but its final abandonment was due to the fierce raids of the Apaches.

Of the eleven Tigua villages noted by Chamuscado in 1581, eight had

been wiped out or deserted by 1670. The marauders seemed to have renewed the vigor of their attacks at this time for within a period of five years, the remaining three, Chilli, Quaraal and Tajique were abandoned, together with their mission churches which had flourished for nearly half a century.

The last of the disheartened Tiguas, like many of their kindred who had preceded them, found refuge in the more populous region of Ilesia, and the vast range east of the Manzano was never to be reclaimed by them or their descendants.

The Spanish in turn began to suffer from these rovers of the plains for it is recorded that in 1675 the Apaches had intercepted all communication with the Salinas and pack trains on their way up from Chihuahua got no farther north than the Rio Grande. There they were obliged to give up their mission and retreat empty handed to seek their salt supply from some less perilous source.

Then followed the Pueblo rebellion of 1680. It was twelve years before the reconquest of New Mexico was effected by De Vargas and the settlement of the province was assured. Gradually, the herds and flocks of the settlers pushed into the country of the Tiguas and the salt from the Estancia lakes began to find a ready market nearby.

Though two centuries and more the deserted pueblos, now reduced to mere mounds of fallen rock and adobe, their mission churches, disvested of timbers, but their huge stone walls still towering above the devastation about them, have stood as mute witnesses of the stirring scenes of bygone days.

Quaraal, the last but one of the eastern Tigua pueblos to be abandoned, occupies one of the most picturesque sites in all New Mexico and it is here that the School of American Archaeology conducted excavations last summer. The ruins have been deemed to the Museum of New Mexico and steps have been taken to protect and preserve it.

ROAD BOARD TURNS OVER MULES TO THE STATE

Deal by Which County Gets Isleta Road Formally Consummated This Afternoon.

Following receipt of a telegram from Governor McDonald, from Washington, State Engineer James A. French met this afternoon with the county road board and formally took possession of the county's mules and road wagons, the government having sanctioned the consummation of the trade.

Mr. French will put the mules and a convict gang at work immediately on the Isleta road.

The road board this afternoon, after completing the negotiations with the state engineer, passed on bills against the board, ordering payment of current accounts.

Chairman Beaven expressed himself as well pleased with the bargain with the state highway commission, which has been generally approved in Albuquerque, as giving this county a road which is greatly needed, and for which without this trade, it would have required several years and considerable outlay of taxpayers' cash to secure.

EASY TO CHOOSE SPRING HATS

Mrs. Bartley, Home from Eastern Millinery Style Shows, Says New Styles Are Most Attractive.

The difficulty of finding a hat that is becoming as well as correct in style is to be entirely eliminated for Albuquerque women this spring, according to Mrs. Nellie Bartley, of the Bartley Shop, who has just returned from a buying trip to the eastern fashion centers.

"Brown and dark greens will be favored coloring this spring," said Mrs. Bartley this morning. "In size the spring hats will be smallish and medium, while ribbon trimmings, to harmonize with the new taffeta dresses, will also be much in demand. Flowers will also hold their own as trimmings, as will also meline and floss. A spring novelty—one that must be seen to be appreciated—is a sailor with a split brim in front."

Try HERALD want ads, they bring results.

TAMMANY WILL NOT OPPOSE REFORMATION OF NEW YORK PARTY

[By Leased Wire to Evening Herald.] New York, Feb. 11.—Tammany hall will not oppose the efforts of Governor Glynn and President Wilson to reorganize the Democratic party in New York state. Charles F. Murphy, the Tammany hall leader, said so today, although he did not admit that the party needed reorganization.

Mr. Murphy appeared in Tammany hall today for the first time since Monday, when the president and the governor and William McCombs, Democratic national chairman, made public history at their conference in Washington.

HARSCH RECOVERS FROM SERIOUS ACCIDENT

Ed Harsch, manager of the Albuquerque Bottling works, was able to return to business today, although still suffering from the results of an unusual accident which befell him at the works Monday.

While lifting a heavy barrel of mineral water two workmen who were aiding him let their grips on the barrel slip and it fell on Mr. Harsch's chest with some force. He suffered four hemorrhages of the lungs before the flow of blood could be stopped and for a short time his condition was considered critical. His friends will be glad to know that there will be no serious result.

Parents Still Have Duties

(Contributed by County Superintendent Montoya from the "School News and Practical Educator.") I think most of us who attended the meeting of the State Teachers' association recently were highly pleased to hear the governor of our state express himself so vigorously against the introduction into our schools of a course of sex hygiene. It is indeed refreshing to hear a man who has attained this eminence and who is rearing a large family of children call attention to the fact that parents still have some duties and responsibilities in connection with raising, training, and educating their children. Of course no teacher should shirk any duty or responsibility that is really hers, but she should not be expected to assume responsibilities and perform duties that really belong to the parents.

New duties and responsibilities have been piled upon the public school system in the recent years and efficient teaching and effective training have been made very difficult. And, sad to say, many of the people who seem to expect the school system to take entire charge of raising their children are quicker to find fault with it and grumble at its cost.

There are now seventeen or eighteen different subjects in our state course of study to be taught to children in the first eight grades; seventeen or eighteen more for the additional four years of the high school. I suppose vocational training will soon

be added, and forty dollar teachers will be asked to teach children general principles of purity and morality, but to try to teach full and definite courses in sex hygiene is certainly going too far.

Every teacher in the state should thank Governor Dunne for reminding the parents that they are supposed to do at least a little toward helping the public school raise their children.

ROBERT C. MOORE, County Superintendent of Schools, Carlisle, Ill.

"TRAIL OF THE LAW" AT THE PASTIME

Fine Film Drama Second to Be Released by Albuquerque Film Manufacturing Company.

"The Trail of the Law," the second splendid film drama to be released by the Albuquerque Film Manufacturing company, has arrived and it will be shown tonight and tomorrow at the Pastime theater. This western film is even much better than the first one released by the company, with magnificent riding, beautiful scenery, perfect photography and stirring drama. It is said to be one of the best moving pictures of any kind ever brought here.

That Ended It. "Aisy fell in love with a girl at the glove counter. He bought gloves every day for a week. To discourage his attentions she became a man-cure."

"Then he had his nails manicured every day, I suppose." "Just so. However, I don't think he'll follow her any further."

"Why not?" "Then she got employment with a Gentile."

Bix—I see that someone is getting up a "Woman's Dictionary."

Dix—More words in it, I suppose.

—Boston Transcript.

A Boston Baby.

"Nurse takes such an interest in baby."

"That's good."

"Yes; today she told him all about the binomial theorem."

TODAY IN CONGRESS

SENATE.

Met at noon.

Twenty-five million dollar good roads bill, passed by the house, awaiting consideration.

Immigration committee continued work on Burnett bill.

Horace White of New York testified before the banking committee on the Owen stock exchange bill.

HOUSE.

Met at noon.

Herbert Knox Smith and other Progressive party leaders testified before committees on trust bills.

Representative Hullings of Pennsylvania warned the banking committee to beware of political bills in the rural credit bill.

Secretary Bryan before the foreign affairs committee emphatically endorsed expenditures for peace celebrations.

Sprains, Bruises, Stiff Muscles

are quickly relieved by Sloan's Liniment. Lay it on—no rubbing. Try it.

Ankle Sprain and Dislocated Hip. "I sprained my ankle and dislocated my hip by falling out of a third story window. Went out crutches for four months. Then I started to use your Liniment, according to directions. I must say it is helping me wonderfully. I will never be without Sloan's Liniment again."—Chas. Johnson, London, England, N. Y.

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Sloan's Liniment

Kills Pain

Spinalgia for Spinalgia. "I fell and sprained my arm a week ago and was in terrible pain. I could not use my hand or arm until I applied your Liniment. I shall never be without a bottle of Sloan's Liniment."

Fine for Stiffness. "Sloan's Liniment has done more for me than anything I have ever tried for stiff joints. I put my hand right so today that I had to stop work right in the heart of the year. I thought at first that I would have to have my hand taken off, but I got a bottle of Sloan's Liniment and cured my hand."

—Edna Wheeler, Morris, Ala.

At All Dealers, 25c. and \$1.00. Send for Sloan's free, instructive book on horses, cattle, dogs and poultry. Address

Dr. E. S. Sloan, Inc., Boston, Mass.

WHO HAS ALADDIN'S LAMP?